



Friendship Heights



VILLAGE NEWS

OCTOBER 2010

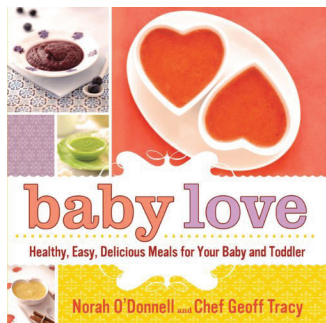
301-656-2797

VOLUME 25, NO. 5

Children's Halloween

page 2

Norah O'Donnell and Chef Geoff to speak at Village Center



Restaurateur and chef Geoff Tracy and MSNBC correspondent and anchor Norah O'Donnell will discuss their cookbook, *Baby Love: Healthy, Easy, Delicious Meals for Your Baby and Toddler*, at the Village Center on **Monday, October 18, at 7:30 p.m.** The couple are the parents of three young children.

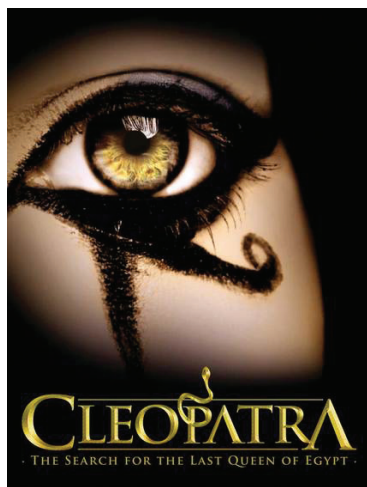
Geoff Tracy opened his first two restaurants, Chef Geoff's and Chef Geoff's Downtown,

before he was thirty years old. He opened Lia's in Friendship Heights in 2006 and is the owner and operator of two other restaurants. He is an active member of the community and in 2006 Chef Geoff's was awarded The Best Neighbor Award for its contributions through fundraising. In 2009 Mr. Tracy was awarded the Albert Uster "Chef of the Year Award."

Norah O'Donnell is the Chief Washington Correspondent for MSNBC. In addition, the Emmy Award-winning journalist serves as a contributing correspondent for NBC's "TODAY" and is a regular on "The Chris Matthews Show."

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-279.

Unravel the secrets of Cleopatra



Explore historic and culinary treasures as we travel to Philadelphia on **Tuesday, Oct. 26**, for a luncheon on a sailing ship, a visit to the new Cleopatra exhibit at Franklin Institute, and even an exciting IMAX movie on mummies.

We'll depart from the Center at 8:45 a.m. and arrive in Philadelphia in time for lunch aboard the *Moshulu*, a four-masted sailing ship that has been converted into one of the city's finest restaurants. Our Cleopatra-inspired menu includes a seasonal soup, choice of mustard-crusted rainbow trout with citrus brown butter, chicken breast with Madiera



Holiday at the Greenbrier

Set against the beauty of the Allegheny Mountains, the Greenbrier has welcomed kings and queens, presidents and politicians, luminaries and celebrities from all corners of the globe. Join the list of distinguished guests who have vacationed there when we travel to the beautiful mountains of West Virginia to the Greenbrier for a glorious three-day, two-night stay in December.

All dressed up for the holidays, this grand dame of hospitality will be our home away from home **Sunday, Dec. 12 to Tuesday, Dec. 14**. You'll enjoy all the splendors this award-winning, five diamond resort has to offer. Wake up each morning to breakfast in the resort's spectacular Main Dining Room. You'll be surrounded by luxury as you while away the hours enjoying a host of activities at the resort. Shop, swim, or take advantage of the first-class spa on the property. Enjoy a relaxing game of billiards, bowling or chess. See first-run movies in the Greenbri-

Continued on page 6

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CHILDREN'S PROGRAMS

Children's Halloween Bingo

Here's a little twist on Halloween. Join us for a children's Halloween Bingo Party at the Friendship Heights Village Center **Friday, Oct. 29, from 7 to 8:30 p.m.** Kids up to 10 years old can play for a variety of great prizes; refreshments will be served. Children are encouraged to come in costume.

The event is free, but you must sign up in advance at the Village Center or call 301-656-2797. Space is limited. Children must be accompanied by an adult, guardian or friend over the age of 13. Sorry, only children are eligible to play this bingo.



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VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the November issue is October 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Visiting the 'sea of stones'

Join us the week after Veterans Day for a trip to Arlington National Cemetery – the final resting place for more than 340,000 Americans, from the unknown soldiers to John F. Kennedy – and for lunch at the popular restaurant, RIS.

On **Tuesday, Nov. 16**, we will visit the 612-acre cemetery that was once part of Robert E. Lee's plantation home. After gathering at the Visitor Center, we will

ride a Tourmobile – the only vehicle authorized to give a riding tour of the cemetery – that will stop at the Tomb of the Unknowns (Changing of the Guard), the Kennedy Gravesites, Arlington House (the Robert E. Lee Memorial) and the Women in Military Service for America Memorial. You may get off where you like—the buses run every 15 minutes—or you may stay on the Tourmobile.

Ris Lacoste, 1789's star chef for a decade, opened her dream restaurant in the West End less than a year ago to rave reviews. Chef Lacoste visits farmers markets twice a week to provide guests with the freshest and the best that the season and our farmers have to offer. Depending on weather, availability of produce, and the chef's whim, preparation of the entrees will not be known until just before our visit. But please choose at sign-up either baked salmon or braised lamb shank, and Caesar salad or gnudi (ricotta dumplings) as a first course. Dessert will be the chef's choice.

We will leave the Center at 10:45 a.m. and return by

Continued on page 13

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Village Voices

Tea and Talk:

Cuban trade embargo

Longtime Latin America reporter, author, television editor, and Village resident Jay Mallin will speak at the Village Center on **Wednesday, Oct. 20, at 2 p.m.**, about his 50-year career covering Cuba for *Time* and other American publications and his recent magazine article entitled "Fifty Years of Failure: Petrified U.S. Policy Toward Cuba."

Mr. Mallin and his co-author write in an article in the October issue of *Soldier of Fortune*, "Despite five decades of trying, Washington still has failed to come up with a coherent and sustained overall policy to deal with Cuba." They describe the trade embargo as "a boon to the Castro government, providing a handy excuse for the inefficiencies and failures of the country's economic system..."

Mr. Mallin began his career at an English-language daily tabloid in Havana, Cuba, *The Havana Herald*. He soon rose to be the editor of the paper. He also became the correspondent in Cuba for a number of American publications, including *Time* and *Life*, *The Wall Street Journal* and *The Miami News*. He was one of the few U.S. correspondents to be in Cuba throughout the 1956-58 civil war. He had a number of exclusive stories, including a report on his making his way into rebel-held mountain territory to interview American hostages. When the rebels won the war, Mr. Mallin was a member of a three-man *Time-Life* team, the only journalists accompanying rebel chief Fidel Castro on his victorious road trip across the island to Havana.

He was among the very first journalists to report the presence of Soviet troops and missile components in Cuba. In 1985, Mr. Mallin became news director of Radio Marti, a Voice of America station that broadcast to Cuba. Later he became an editor at TV Marti. Mr. Mallin is also the author of 16 books, primarily on military topics.

After the program, please stay for tea. Sign up by calling 301-656-2797.



Tea and Talk:

Food safety

Lisa Shames, director of food safety and agricultural issues at the Government Accountability Office (GAO), will speak at the Village Center on food safety issues on **Friday, Oct. 29, at 2 p.m.**

Ms. Shames was described by the Washington Post as "the

ultimate consumer watchdog, a federal employee working every day to ensure that government agencies do their job protecting the safety of our nation's food supply. (She) has pushed and prodded the Food and Drug Administration (FDA), the Department of Agriculture and other federal agencies to strengthen their regulatory oversight, and has blown the whistle when they have fallen short."

About 76 million cases of food-borne diseases occur in the U.S. each year, leading to more than 300,000 hospitalizations and 5,000 deaths. Ms. Shames and her team found many problems with the food safety system, including sporadic FDA inspections in countries exporting food to the U.S., inadequate monitoring of food containing ingredients from genetically engineered crops, insufficient attention to the unintentional introduction of pharmaceutical and industrial compounds into the food supply, and lack of oversight to insure that companies comply with food-labeling laws and regulations.

Afterward, please stay for tea and some very safe food. Sign up by calling 301-656-2797.



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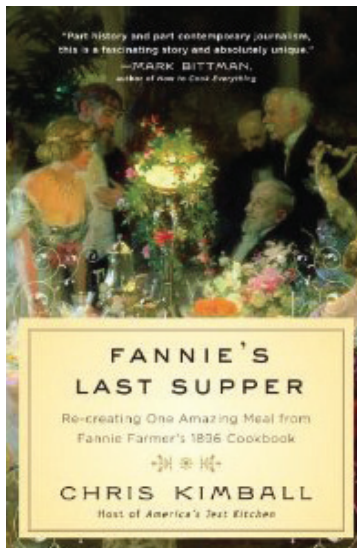
\$50 per visit, twice a week minimum

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Chris Kimball returns to the Center

Christopher Kimball, founder and editor of *Cook's Illustrated* and host of PBS's *America's Test Kitchen*, will speak at the Village Center on **Thursday, Oct. 21, at 7 p.m.**

Chef Kimball will discuss his new cookbook, *Fannie's Last Supper: Two Years, Twelve Courses, and Creating One Amazing Meal from Fannie Farmer's 1896*



Cookbook. In his new book, published just this month, Chris Kimball evaluates the popular *Boston Cooking School Cookbook* by Fannie Farmer, and assembles an extravagant 12-course Christmas dinner.

Please sign up by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

A physician's experience as a patient

Dr Itzhak Brook will discuss his book, *My Voice – A Physician's Personal Experience With Throat Cancer*, at the Village Center on **Thursday, Oct. 7, at 7 p.m.**

Dr. Brook, a physician who specializes in Pediatrics and Infectious Diseases, is a Professor of Pediatrics at Georgetown University. His book tells of his trials with doctors and hospitals while dealing with a serious illness and having to learn a new way to speak.

On exhibit at the book signing, and throughout the month, are some of the beautifully painted masks created for "Courage Unmasked," an event that raised money to help patients with head and neck cancer in financial need. These are radiation masks actually used during treatments that have been decorated by artists from all over the country.

Copies of the book will be available for purchase. Proceeds from the sale of the book will go to 9114HNC (Help for Head and Neck Cancer). Please sign up by calling 301-656-2797.



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Greenbrier, continued from page 1

er's private theatre. Try your luck at the gaming tables at the Greenbrier's new casino. The expansive casino features 320 state-of-the-art slot machines and 37 table games, including blackjack, craps, roulette, baccarat, and poker. Enjoy afternoon tea and concerts, and then get into the holiday spirit as you dress up for dinner (coat and tie required for gentlemen).

During our stay, we'll tour the Greenbrier's historic former Government Relocation Facility, also known as "The Bunker." The facility, buried 720 feet into the hillside of the Greenbrier, was a top secret of the Cold War. It was designed to accommodate both the U.S. Senate and the House of Representatives in the event of a nuclear war.

We'll depart from the Village Center at 11 a.m. on Sunday, and should return by 5 p.m. Tuesday.

The cost of the trip, which includes round-trip transportation, two nights deluxe accommodations at the Greenbrier, two breakfasts and two dinners in the Main Dining Room, two afternoon teas, tour of the bunker, all resort fees, all taxes and all gratuities, is \$694



per person based on double occupancy. The single supplement is \$229. After Oct. 25, the price increases to \$714 per person based on double occupancy. The single supplement increases to \$259. A deposit of \$400 is

required at sign up. The balance is due Nov. 8. Deposits are fully refundable until Oct. 25. You are encouraged to obtain trip insurance. Information about trip insurance is available at the front desk of the Village Center. There are 26 spaces available.

Due to the high demand for this trip, sign-ups will be by lottery at 6 p.m. on Wednesday, Oct. 6. Please see the sign-up procedures on page 8.



Cleopatra, continued from page 1

thyme jus, or braised short rib with Cabernet demi-glaze, dessert, and coffee, tea or iced tea.

The *Moshulu* was launched in 1904 and worked in ports of Europe, South America, Australia, America and Africa. During her career, she was confiscated by Americans in World War I and by the Germans in World War II. The ship has traveled around Cape Horn 54 times. The now-stationary ship has been restored and re-opened in the style of a turn-of-the-century luxury liner and its private dining rooms feature polished mahogany, etched glass, hand-painted murals, and stylish South Seas accents.

Following lunch, we're off to the Franklin Institute, first to view the acclaimed IMAX movie, 'Mummies,' then to tour "Cleopatra: The Search for the Last Queen of Egypt."

The 45-minute movie, "Mummies: Secrets of the Pharaohs" explores the mysterious world of ancient Egypt through the fabric of its mummies. Part historic journey and part forensic adventure, the movie follows researchers and explorers as they piece together clues of Egyptian mummies.

The exhibit is organized around two separate quests for the queen—one under the sea exploring her life, and one by land exploring her death. Almost 150 artifacts from Cleopatra's time are on display, including jewelry, household items, coins and religious tokens. Also on display is an original papyrus document scientists believe was written by Cleopatra herself.

In describing the exhibit, John Norman, president of Arts and Exhibitions International, said scientists have discovered that Cleopatra's story "is filled with trauma, drama, sex, deception, and war.... What could be better than that?"

We should return to the Village Center by 8 p.m.

The cost of the trip, which includes round-trip transportation, lunch on *Moshulu*, admission to the IMAX movie, admission to the Cleopatra exhibit, and all taxes and gratuities, is \$109. There are 24 spaces available.

Sign-ups begin immediately at the Village Center. The deadline to sign up is Monday, Oct. 11 – sorry, no exceptions.

Fight the flu!

Friendship Heights has scheduled two flu shot clinics this month. The MedStar Health Visiting Nurses Association will administer the vaccine at the Village Center on **Thursday, Oct. 14, from 3 to 7 p.m.** and on **Friday, Oct. 15 from 10 a.m. to 2 p.m.** to anyone nine years old and older.

The 2010-11 vaccine will contain killed or weakened forms of three viruses: the swine flu virus, technically known as A/California/7/09 (H1N1)-like virus pandemic (H1N1) 2009 influenza; the A/Perth /16/2009 (H3N2)-like virus; and the B/Brisbane/60/2008-like virus.

A new, high-dose version for people 65 and older (Fluzone HD) will also be offered and is covered by Medicare. This dosage is double that of the regular flu shot to give more protection and build greater immunity. There is a slightly higher risk of pain at the site of injection and fever than with the regular shot. Please **specify at sign-up if you want the Fluzone HD** (ask your doctor if you have questions about this version of the vaccine **before** you sign up).

- Cost is \$30 (cash or check payable to Medstar Health VNA).
- No charge for individuals with Medicare Part B (non-HMO) – but you must bring your card.
- VNA does not accept Medicaid

A limited number of pneumonia shots (PPV) will also be available. The PPV is recommended for adults over 65 or anyone who has a long term health problem or disease that lowers the body's resistance. If you have had the PPV in the last 5 years, ask your doctor if a second one is needed. The cost for a pneumonia shot is \$55; registration is required.

A total of 600 flu shots will be given. **Registration is a must.** Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Oct. 8. **You must have an appointment to receive a shot.**



A twist to our Holiday Affair

The 2010 "Holiday Affair" artisan fair returns to Friendship Heights Village Center **Friday, Nov. 5, from 7 to 9 p.m. and Saturday, Nov. 6, from 10:30 a.m. to 3 p.m.** Join us on Friday evening for a special Preview Party, featuring the opportunity to purchase hand-crafted items before the general public. Light refreshments will be served. While Saturday's event is free, tickets for Friday's event are \$3 each and are available at the Village Center. Attendance is limited for Friday night. Artisans will be selling a variety of hand-crafted items including jewelry, textiles, baskets, pottery, candles, soaps, fused glass to hand-painted boxes. Get a head start on your holiday shopping and bring the whole family to the Village Center for unique gifts and gift ideas. Admission is free. For information, call the Village Center at 301-656-2797.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Oct. 7 , 7 p.m. — No Movie — Book Signing with Itzhak Brook — see page 5 for details.

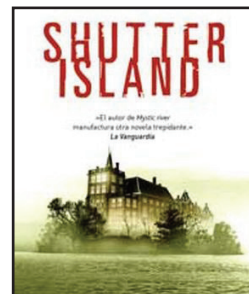
Thursday, Oct. 14 , 7 p.m. — Movie — Yoo-Hoo, Mrs. Goldberg — Aviva Kempner made this documentary about the life and times of Gertrude Berg, best known to the American public through her hugely popular on-air character Molly Goldberg. Berg wrote, produced and played the lead in *The Goldbergs*, a sitcom that aired on radio for 17 years in the 1930s and '40s and on TV for seven years ending in 1956. Molly spoke with a Yiddish accent, and the Goldberg family lived in a Bronx tenement where neighbors who wanted to talk to her yelled out their windows, "Yoo-hoo, Mrs. Goldberg!" The show captured the



immigrant experience in a heartwarming way. Rated G. Running Time: 92 minutes

Thursday, Oct. 21, 7 p.m. — No Movie — Book Signing with Christopher Kimball — see page 5 for details.

Thursday, Oct. 28 , 7p.m. — Movie — Shutter Island — From Oscar-winning director Martin Scorsese, "Shutter Island" is the story of two U.S. marshals, Teddy Daniels and Chuck Aule, who are summoned to a remote and barren island off the coast of Massachusetts to investigate the mysterious disappearance of a murderess from the island's fortress-like hospital for the criminally insane. Stars Leonardo DiCaprio and Mark Ruffalo. Rated R. Running Time: 138 minutes



Special Sign-Up for Greenbrier trip

The high turnout expected for sign-ups for the Dec. 12- Dec. 14 trip to the Greenbrier warrants a special sign-up procedure.

Sign-ups for the Greenbrier trip will begin at 6 p.m. on Wednesday, Oct. 6. There are 25 spaces available. Because of the limited number of spaces each resident present may sign up for him- or herself and one guest only.

Registration forms for the trip will be available at the time of sign-ups. Please bring proof of residency. Residents are those people who live in Highland House, Highland House West, the Willoughby, the Carleton, the Elizabeth, 4615, 4620, the Irene, and-Brighton Gardens in the Village. Please have on hand an emergency contact's name and phone number, and

a physician's name and phone number.

To ensure fairness, the process is by lottery. Each person present may choose a number. Numbers will be drawn by everyone present at 6 p.m. There is no advantage to arriving early.

Anyone arriving after the number distribution has begun will receive the next number after those distributed. When numbers are called, participants proceed to the front desk to register. Payment of deposit, by check, cash or credit card, is required at time of sign-up.

Keep in mind that delays may occur if a trip is particularly popular. If the trip is full, ask to be placed on the waiting list. Spaces often become available between the time of sign ups and the actual trip date.

ART and CULTURE

Photography on exhibit in October

"Signature Images 2010" is the name of this month's exhibit in Friendship Gallery. Multiple Exposures Gallery, established in 1985 at the Torpedo Factory in Alexandria, is a cooperative gallery of 15 award-winning photographers whose work is found in many private, corporate and public collections throughout the country. The distinctly different artistic visions and styles of the photographers provide the viewer with an enormous variety of traditional and digital photographic techniques, including alternative processes. This exhibit is the first time that all 15 photographers have personally selected their "signature images" for an exhibit.

The exhibit runs from October 4 to 30. All are invited to a reception to meet the artists on **Sunday, Oct. 10, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"At Rest" by Janet Matthews



"Come Morning #1" by Laurie Sand



"Dreary Day Trip" by Louise Noakes

Express yourself—make a collage!

The word "collage" comes from the French word for gluing. The technique of collage involves assembling and pasting many different materials onto one surface. Traditional collage materials include scraps of paper and other flat materials: newspaper and magazine clippings, shopping bags, photographs, wallpaper, and foil. Objects such as string, beads, feathers, and fabric might be used as well.

Try your hand at collage when Village Art Director Millie Shott teaches a four-hour workshop at the

Village Center on **Friday, Oct. 22, from 12 to 4 p.m.** Participants will take home two finished pieces. Students should bring scissors, Elmer's (or other white) glue, a snack and drink, and any of the following to cut and paste: special cards, photos, newspaper clippings, ticket stubs, material scraps- even old paintings that didn't turn out so well! Millie will provide background boards, final sealer and plenty of scraps for anyone who needs them. More details on page 14.

Friendship Heights
Village Center



Calendar
of Events 2010

O C T O B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MVA Bus at the Village

Monday, October 25
Monday, November 22
Monday, December 20
10 a.m. to 2 p.m.



					<div>1</div> <div>9:15 a.m.: Drop-in Tai Chi 10 a.m. to 3 p.m.: AARP Safe Driving 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>2</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette</div>
<div>3</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>4</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse</div>	<div>5</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</div>	<div>6</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 6 p.m.: Sign-ups for the Greenbrier 7:30 p.m.: Concert: Silver Strings</div>	<div>7</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Book Signing with Itztak Brook</div>	<div>8</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Healthy cooking-Mediterranean style</div>	<div>9</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>10</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>11</div> <div>Columbus Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors Shuttle Bus runs on a weekend schedule</div>	<div>12</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 8 p.m.: Friendship Heights Council Meeting</div>	<div>13</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: “Your Arch Enemy” 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series: Igor Stravinsky 7:30 p.m.: Concert: Joyce Nierow</div>	<div>14</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 3 to 7 p.m.: Flu Shots 7 p.m.: Movie: Yoo Hoo, Mrs. Goldberg</div>	<div>15</div> <div>9:15 a.m.: Drop-in Tai Chi 10 a.m. to 2 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events</div>	<div>16</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>17</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>18</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Book signing with Norah O’Donnell and Geoff Tracy</div>	<div>19</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Village Book Club 12:30 p.m.: Vision Support 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 6:30 p.m.: Beginning Spanish 7 p.m.: Pilates</div>	<div>20</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Tea and Talk: Jay Mallin on Cuban Trade Embargo 7:30 p.m.: Concert: Hui O Ka Pua ‘Ilima</div>	<div>21</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Book Signing with Chris Kimball</div>	<div>22</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 12 – 4 p.m.: Collage Workshop with Millie Shott</div>	<div>23</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>24</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>25</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</div>	<div>26</div> <div>8:15 a.m.: Walking Club 8:45 a.m.: Depart for Philadelphia 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse 5 p.m.: Beginning Bridge 6:30 p.m.: Beginning Spanish 7 p.m.: Pilates</div>	<div>27</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music S 7:30 p.m.: Concert: Scary Stories</div>	<div>28</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 5 - 7 p.m.: Shred-It Truck 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Shutter Island</div>	<div>29</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Tea and Talk: Food Safety 7p.m.: Children’s Halloween Bingo</div>	<div>30</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>31</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div> <div></div>						

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Village Council meetings are held the second Monday of each month (except on holidays) at the Village Center. The next meeting will be **Tuesday, Oct. 12, at 8 p.m.** The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.



Improving your memory

Jane Priest, Chief Program Officer for the Alzheimers Association of the National Capital Area, will present a workshop on how to improve your memory at the Village Center on **Friday, Nov. 5, from 1 to 2 p.m.**

Ms. Priest will provide practical information as well exercises to do in class and tip sheets to take home. She is an experienced health care professional with a broad background in health care management, wellness services for community programs and clinical medical care. Throughout her career, Ms Priest has designed, implemented and managed innovative care programs to improve quality of life for patients with memory impairment and has developed training programs for professional caregivers.

Please call 301-656-2797 to sign up. Registration is important so there will be plenty of hand-outs for everyone. Strengthen your memory and stay sharp!



Landon Symphonette Celebrates 20 years

The highly acclaimed Landon Symphonette celebrates its anniversary this year. Enjoy an early autumn concert by its chamber ensemble **Saturday, Oct. 2, at noon**, at the Village Center.

The symphonette is a collection of professionals and student performers from around the Washington, D.C., area. In what has proven to be an extraordinary mentoring experience for young performers, the Symphonette pairs talented student musicians from area schools with professional musicians.

While the Symphonette typically plays on the campus of the Landon School in Bethesda, several times each year it conducts performances in Friendship Heights.

The October program will be Vivaldi: *Concerto for Oboe, Bassoon and Strings*, and Corelli: *Concerto Grosso No. 1, Op. 6*.

Featured performers include Wes Nichols, and Fred Meyer.

The concerts are free, but seating is limited. Please call 703-527-0734 or 301-656-2797 for more information.



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Shred-It Truck returns to Friendship Heights

On **Thursday, Oct. 28, from 5 to 7 p.m.**, a truck from "Shred-it" will park on Friendship Boulevard next to the Village Center. Village residents (only!) are invited to take advantage



of this important service. This community shredding event gives individuals the opportunity to have their confidential documents destroyed, free of charge.

Donate those used eyeglasses

Are your old eyeglasses obsolete? Why not donate them to Lions Club. Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.



Arlington Cemetery, continued from page 3

4:30 p.m. The cost of the trip, which includes transportation, lunch, Tourmobile ticket, and all gratuities, is \$99. After Oct. 29, the price will go up to \$109. Residents and one guest may sign up immediately; nonresidents may sign up Oct. 12. There are 25 spaces available.



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CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Oct. 6. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Nov. 10.

COLLAGE WORKSHOP

This one-time class, taught by Village Art Director Millie Shott, will be held Friday, Oct. 22, from 12 to 4 p.m. Participants will take home two finished pieces. Students should bring scissors, Elmer's (or other white) glue, a snack and drink, and any of the following to cut and paste: special cards, photos, newspaper clippings, ticket stubs, material scraps, old paintings- use your imagination! Millie will provide background boards, final sealer, and plenty of scraps for anyone who needs them. She will also give a lesson in assembling finished artwork in a frame (not included). No experience is necessary. The cost is \$65.

BRIDGE

BEGINNING BRIDGE

This 7-week series taught by Frank Shull begins Oct. 19. Meets Tuesdays from 5 to 7 p.m. For people who have never played bridge or want to pick up their game from years ago. Students will play hands, learn to bid hands & have fun! Please bring a note-

book to take notes on bridge concepts. The instructor will not keep score and each student will always have a partner. Call Frank with questions at 301-520-9968. He is a life master at bridge and has over 1,000 master points. He has taught at area churches & community centers as well as given private lessons and belongs to the American Bridge league teachers association. A minimum of 8 students is required; maximum is 16. The cost is \$105. Session ends Nov. 30.

EXERCISE AND FITNESS

CHAIR YOGA AND MORE

This 4-week series taught by Hedy Ohringer begins Oct. 13. Meets Wednesdays from 3 to 4:15 p.m. Classes benefit body and spirit and are suitable for a wide range of abilities with movements that can be done while seated in a chair, or standing with support of chairs, tables and walls. Enhance your well-being, in and out of class, with greater flexibility, balance and inner joy. The cost is \$40 for residents; \$45 for nonresidents. Session ends Nov. 10 (class will not meet Oct. 20).

PRACTICAL PILATES WITH PROPS

This 6-week class, taught by Ginger Russell, begins Nov. 9. Meets Tuesdays from 7 to 8 p.m. Pilates-based training can improve your balance, flexibility, strength as well as body alignment and awareness. Using props such as a small ball, light weights, and stretch bands, can give you a total body workout! Bands and ball are provided. Participants bring a yoga mat and a set of 1-, 2-, or 3 - lbs. weights. Class recom-

mended for both beginner and intermediate levels. Please consult your physician before participating in the class. The cost is \$80 for residents and \$90 for nonresidents. Questions? Email Gingerrusteach@yahoo.com. Session ends Dec. 14.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Nov. 5. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$45 for residents; \$50 for nonresidents. Session ends Dec. 17 (class will not meet Nov. 26).

LANGUAGE

BEGINNING SPANISH

This 6-week course for new students begins Oct. 19. Instructor Elena Marra-Lopez has taught at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. Class meets Tuesdays, from 6:30 to 8:30 p.m. The cost is \$190. Session ends Nov. 30. Please sign up at least 3 days before first class. A minimum of five students is required; maximum is ten. Class will not meet Nov. 2.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12:30 to 2:30 p.m. The

nurse is also available for consultations Tuesdays from 2:30 to 4:30 p.m. (please note times).

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday evening. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group organizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books

series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Wednesday evenings from 7:30 to 8:30 p.m. The DVD series is produced by The Teaching Company, renowned for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

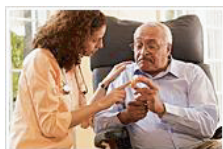
A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



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CONCERTS

Concerts are performed Wednesdays, from 7:30 p.m. to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

Wednesday, Oct. 6 — *Silver Strings* — Enjoy an evening of classical music as we welcome the Silver Strings back to Friendship Heights. The fabulous string quartet has been delighting audiences in the Washington D.C., area for almost two decades.

Wednesday, Oct. 13 — *Joyce Nierow* — Joyce Nierow has built a career in local musical theatre. Her performances draw heavily from the repertoire of Broadway musicals. Her tributes to Ethel Merman and Al Jolson include light choreography and comic impersonations.

Wednesday, Oct. 20 — *Hui O Ka Pua 'Ilima* — Carol Leolani Takafuji leads this Hawaiian dance group in an evening of authentic dance and music straight from the Hawaiian Islands, New Zealand and

Tahiti. The name means "the group of the Ilima," the official flower of the island of Oahu. In addition to dance and music, the evening will feature a little history of hula on Hawaii.

Wednesday, Oct. 27 — *Scary Stories: Voices from the Other Side, with Ellouise Schoettler* — Celebrate Halloween with stories. When storyteller Ellouise Schoettler learned that her family was a bit haunted, she became fascinated with ghost stories. Over the past 10 years, she has collected a cache of eerie stories to chill and cause you to wonder.



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Your Arch Enemy

Learn about common problems that can affect your mobility and comfort from podiatrist Mark Levy at this month’s Suburban Health Lecture at the Village Center on **Wednesday, Oct. 13, at 1 p.m.** Dr. Levy will answer questions about bunions, hammertoes, fungus and corns. Discussion will also include the importance of foot hygiene and proper shoes.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



Mediterranean style cooking

Chef Nikki Haddad will discuss the Mediterranean Diet and give a cooking demonstration at the Village Center on **Friday, Oct. 8, at 2 p.m.**

Ms. Haddad, whose business is The Little Chef, teaches cooking classes at Suburban Hospital and at the Suburban Wellness Center at Healthtrax Fitness Center in Germantown. Come and learn how to prepare fresh, healthy cuisine.

Please sign up by calling 301-656-2797.

Vision Support Group Lunch and Learn: Benefits of mutual support

As people age, many are confronted with vision changes that are not completely correctable with ordinary eyeglasses, contact lenses or surgery. This can have a profound impact on social interactions and relationships. At this month’s Vision Support Group meeting Elly Waters, PhD Gerontologist and Village resident, will lead a discussion about how groups can provide support as they bring together people who share common experiences. Dr. Waters has published articles on “coping with low vision” and offers a unique personal perspective.

Bring a bag lunch and join the group at the Village Center on **Tuesday Oct. 19, at 12:30 p.m.** Dessert and beverage will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

Cafe Muse presents...

This month's Café Muse, on **Monday, Oct. 4, at 7 p.m.**, presents poets Luis Alberto Ambroggio and Idra Novey.

Luis Alberto Ambroggio is the author of eleven collections of Poetry, including *El Cuerpo y la Letra* and the bilingual anthology, *Difficult Beauty, Selected Poems*. His work appears widely in journals, newspapers, anthologies and textbooks.

Idra Novey is the author of *The Next Country*, winner of the Kinereth Gensler Award, and is the translator of Paulo Henriques Britto's *The Clean Shirt of It*, which won a PEN Translation Fund Award. Her poems have appeared in *Slate*, *The Paris Review*, *A Public Space*, and numerous other publications.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.word-worksdc.com.

Reading Room news

Read a good book lately? Would you like to share it with others? The library committee would love to receive a copy of a book you've recently enjoyed along with a mini review that can be posted underneath the book on the short shelves near the door. Or find a favorite book already in our library and do the same. Look for special cards in the reading room or at the Center front desk for you to write your name and comments. Thanks in advance for your donations and recommendations!

The October Village Book Club meeting on **Tuesday, Oct. 19, at 11 a.m.**, will discuss *Shipping News* by Annie Proulx. The November meeting on **Tuesday, Nov. 16, at 11 a.m.**, will discuss *American Pastoral* by Philip Roth.



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* Excludes drug co-pays.

Nutritional, Herbal & Homeopathic Remedies

Allergy Research Group, Aloe Life, Bach Flower Essences, Boericke & Tafel, Boiron, **Carlson**, Coromega, Country Life, Derma E, Ecological Formulas, Enzymatic Therapy, **Garden of Life**, Heel-BH, Health From the Sun, Herbpharm, Herbs Etc., Jarow, **Pure Encapsulations**, Renew Life, Sovereign Silver, **Standard Process**, Thorne Research, Tyler, Washington Homeopathics, **Xymogen**, Metagenics, New Chapter, Megafood, **Keys**, Kneipp Natural Factors, **Perque**, Life Extension, Oregon's Wild Harvest, **California Baby** and Nordic Naturals.



Oktoberfest Open House

Join in the fun as Brighton Gardens at Friendship Heights hosts an *Oktoberfest Open House*. Enjoy German beer and fare and delight in a variety of themed entertainment for all ages, featuring the "Joy of Maryland" Quartet Polka Band and "The Polka Kids," a dance troupe in authentic costume!

While you're here, meet our team, tour our community and find out what we do to make Brighton Gardens at Friendship Heights a place seniors are proud to call home.

Event Details

Saturday, October 23
2:00 pm to 3:30 pm

*Please RSVP to 301-656-1900
by October 20*



Brighton Gardens at Friendship Heights 301-656-1900 5555 Friendship Blvd., Chevy Chase, MD 20815

Assisted Living - Alzheimer's Care

For more information and a FREE online newsletter, visit www.sunriseseniorliving.com

Village Council Corner

4602 North Park to be renovated for rental

At its monthly public meeting on September 20, the Village Council approved the proposal from Jaffe Construction Company to prepare the Council-owned house at 4602 North Park Avenue for rental (see photo below). At the same meeting the Council turned down a revised offer to buy the house, reaffirming our intention to hold on to the property.



The work will include interior and exterior painting, refinishing floors, carpeting, carpentry, window/trim repair, and repair/replacement of the two steel staircases. The area to be covered includes the two main floors of the house plus the Police Field Office in the basement.

We are seeking a new commercial tenant to rent the first and second floors (the Police Field Office will continue to occupy the basement).

New look for flower baskets in shade

A number of hanging flower baskets throughout the Village have been replaced by our landscape maintenance contractor with new baskets that are more suited to areas with shade. The baskets in sunnier locations will remain with petunias.



Due to the Columbus Day holiday, the October Council meeting will be held on **Tuesday, October 12**, at 8 p.m., at the Village Center.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

October 2010 events calendar